

WHAT IS CLAIMED IS:

1 1. An exercise device comprising a solid body of soft and
2 elastic material and being substantially homogenous throughout,
3 said material comprising a visco-elastic urethane, said body
4 including a selectively curved continuous uninterrupted outer
5 surface and having a major axis and a minor axis perpendicular to
6 said major axis, said major axis coinciding with the maximum cross-
7 sectional diameter of said body, said minor axis coinciding with
8 the maximum cross-sectional diameter of said body in a plane
9 perpendicular to said major axis, said plane dividing said body
0 into first and second portions, said plane also dividing said
1 maximum cross-sectional diameter into two unequal parts, the outer
2 surface of said first portion approaching an angle of 90° with said
3 major axis as said outer surface of said first portion approaches
4 said major axis, the outer surface of said second portion also
5 approaching an angle or 90° with said major axis as said outer
6 surface of said second portion approaches said major axis, the
7 curvature of said first and second portions being different so that
8 said outer surface is symmetrical about said major axis and
9 asymmetrical about its minor axis to define a generally egg-shaped
0 outer surface.